

# Mountaineer

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Aug. 10, 2006

## 4th Engineers offer aid to Reserve component, benefit from training

**Story and photo by 2nd Lt. Martin Sigli**  
4th Engineer Battalion

With temperatures reaching as high as 119 degrees during the recent California heat wave, the 4th Engineer Battalion was hard at work in an effort to help the Army Reserve.

The 4th Engineer Battalion took up the reins to help those in need. When the 244th Engineer Battalion (Army Reserve) of Denver needed assistance with their two-week annual training, the 4th Engineers were eager to lend a helping hand. The two-week training took place from July 14-30 at Fort Hunter Liggett, Calif.

Sgt. 1st Class Daniel Kimsey of the 244th Engineer Battalion said, "With the 4th Engineers coming to Fort Hunter Liggett, our Soldiers in the 244th were able to gain knowledge in demolitions, and on convoy live-fire operations that we need to have when deployed overseas.

"As engineers we feel that we need to work together in supporting each other with information and training so that we can meet the Army's needs." So through teamwork and innovative thinking, the 4th Engineers helped the 244th complete its training.

With this training on the line and only a week's notice with which to prepare, the 4th Engineer Battalion, under the guidance of interim Battalion Commander Maj. Jeffrey P. Dennis, coordinated a 17- Soldier deployment to Fort Hunter Liggett.

The 4th Engineers, currently awaiting activation in October, and on a limited budget, were able to assist the 244th Engineer Battalion by serving as subject matter experts during the demolitions, convoy live-fire ranges and opposing forces operations.

Not only did the engineers coordinate this training opportunity on a limited budget, the 4th also overcame its shortage of noncommissioned officers. The 4th sent 1st Sgt. Anthony Archer, the battalion's only first sergeant, who provided his knowledge and

experience as an expert in demolitions and convoy live-fire ranges to ensure that the 244th Engineers conducted realistic training.

Archer, of the 62nd Engineer (Sapper) Company, along with four second lieutenants, three NCOs and nine Soldiers of the 4th conducted training that incorporated the latest insurgent tactics, techniques and procedures into the convoy live-fire range and OPFOR.

"It was a good opportunity for the Soldiers in the 4th to train together with Reserve component units," Archer said.

"We were able to train on small-unit tactics, demolitions and conduct convoy live-fire exercises while enhancing unit cohesion and honing the Soldiers' combat skills." Training benefited not only the 244th but also the 4th.

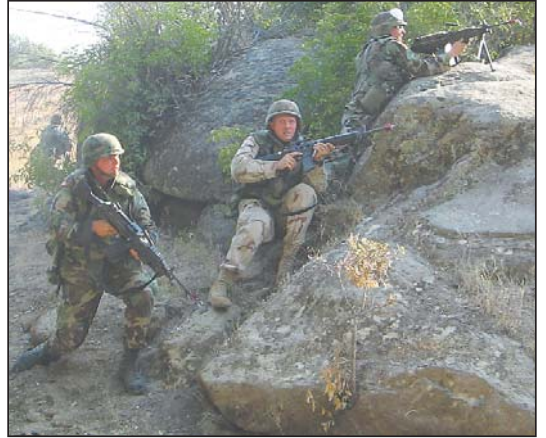
The 12 enlisted personnel were able to train on the heavy construction equipment of the 244th Eng Bn and also practiced squad-level tactics while conducting OPFOR operations.

"The hands-on training with the construction equipment gave us experience in an area that we would not usually get, being combat engineers, said Pvt. Ben Olson.

Staff Sgt. Ryan Althoff added that "Our support on the convoy live-fire was beneficial to both our Soldiers and the 244th Engineer Battalion. It gave both units the most realistic training possible."

The new lieutenants also gained experience as officers in charge and range safety officers on the demolitions and convoy live-fire ranges.

In addition, the young officers gained experience as platoon leaders by planning a two-week training



*Soldiers of Fort Carson's 4th Engineer Battalion train with members of the Army Reserve's 244th Engineer Battalion at Fort Hunter Liggett, Calif., recently.*

event for 12 Soldiers.

Through this mission to Fort Hunter Liggett, Soldiers of both the 4th and 244th Engineer battalions where able to make a bond that will ensure future training and coordination with operations between active duty and Reserve units.

"It (training) was also good to work with a Reserve component, because when we deploy we will be working with them," said Pvt. Boon Phillip.

The 4th Engineers said they feel the value of the relationships Soldiers make while at home will help them when they're away at war.

**Editor's note:** 2nd Lt. Martin Sigli serves as a stringer for the *Mountaineer*. If you'd like to be a stringer, call 526-4144.

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#### MUST SEE



*Family fun at National Night Out.  
See Pages 22-23.*

## Volunteers still needed for TOBACCO-FREE ME demonstration project

**by Christelle Michael**

*TRICARE Management Activity*

**FALLS CHURCH, Va.** — TRICARE Management Activity is soliciting participation from eligible beneficiaries to become involved in the TOBACCO-FREE ME demonstration project.

"Smoking by active duty personnel has increased for the first time in two decades, according to the 2002 Health Related Behavior Survey conducted by the Department of Defense. The results from the 2005 survey are expected later this summer," said Navy Capt. Patricia Buss, deputy chief medical officer, TRICARE Management Activity.

TRICARE Management Activity, in partnership with corporate administrators Lockheed Martin and Wellplace, will address smoking cessation by sponsoring the TOBACCO-

FREE ME Demonstration Project. Initially spearheaded by the Assistant Secretary of Defense for Health Affairs in 2004, the tobacco cessation demonstration project is now under way in four western states, and will assess several factors aimed to educate service members and their families about the dangers of tobacco use. More importantly, the study hopes to significantly aid personal efforts to curb or cease the use of tobacco products.

The states of Colorado, Kansas, Missouri and Minnesota are hosting the demonstration project for eligible TRICARE Prime and Prime Remote beneficiaries, between the ages of 18 and 64, who reside more than 40 miles from an inpatient military treatment facility Prime service area. Beneficiaries who are Medicare

See **Volunteers** on Page 7

# Crash revives motorcyclist's views on life

**Commentary by Sandi Folkerts***Fort Carson Veterans Affairs*

On a Monday evening a few weeks ago, I was doing errands around my home when I heard a local news break. Newscasters announced that a motorcyclist had been killed while running from the police after pulling a wheelie. The location of the accident led me to believe it was one of Fort Carson's Soldiers.

Being a motorcycle rider myself, my heart dropped. I hate hearing about things like that. In an instant, a life was taken from this world. A parent's worst tragedy had happened. One moment, there was a life full of potential, and the next moment, it had ended.

I dwelt on that for awhile, then decided to take my bike out to get a bite to eat. After finishing my burger, I put my helmet on and headed back home. At first, it was pretty dry, then the closer I got to home, the more the rain started pouring.

Riding in the rain didn't bother me. I considered myself (and still do) an experienced rider, seeing how I've had several bikes from the age of 17. I've driven in all types of weather, done my wild youth riding in the curvy hills of Itasca State Park in Minnesota, wrecked a bike, had someone back over one of my bikes while I was on it, pulled some wheelies and done other things. But I'm very aware of who is in front of and behind me, and who is to the left and right of me. My mirrors are my best friends on my bike.

On my way home in the rain, I decided to take a shorter route through a small neighborhood. I was following this car through rain-soaked streets, stopping at a stop sign, then turning right heading toward my home. It was almost 10 p.m. so there were hardly any other cars on the road. In an instant, I saw the beaming headlights of a car behind me in my right rearview. Then, smash!

The next thing I remember after hearing the shattering of my taillight was my bike lying on its left side and me sitting on the wet pavement with my back leaning across the right side of my bike, my feet on the ground with my knees bent. I had an excruciating pain in my lower right back and I could feel the right back side of my jacket was caught on something on my bike. I knew not to move, so I just laid there in the pouring rain. The man in the car that hit me from behind got out of his car and said something to me in Spanish. I abruptly yelled at him, "nueve, uno, uno!"

Eventually, another man stopped to help. He helped comfort me as much as he could and let me know the fire department was on its way. It seemed like an eternity. People started coming out of their homes like in the movie "Return of the Dead," all carrying umbrellas, but not one offering their umbrella to me.

The ambulance showed up and paramedics attempted to put me on a spine board.

Paramedics then prepped me verbally for everything I should expect as far as them moving me into the ambulance. The man in the ambulance needed to take my blood pressure, so he managed to get my

jacket off, but he was unable to pull up the long sleeve on my shirt. He asked if I was attached to my shirt, if it was special. Of course! I loved that Old Navy shirt! But I told him to do what he had to do. His scissors made their way from the wrist of one of my favorite shirts all the way up to my shoulder.

I began to shiver as my Levis were soaked through, like they'd been pulled from the washer before the spin cycle. The ride to the hospital was almost as bad as the wreck. They put dry blankets over me and got an intravenous solution in me for pain meds, probably morphine. The hospital seemed like it was in another state. I was wondering if they were just joyriding since it was taking so long to get there.

At the hospital, I was taken into a trauma room where my Levis were still dripping. I don't recall the exact sequence of events, but I found out from the police at the emergency room that the guy who'd hit me was drunk. They gave him a court date and let him go.

The nurses helped carefully peel off my Levis and chopped up shirt and put on a gown on me. Then it was off to the X-ray room. I had to lie flat, then turn on my left side at 90 degrees, then 45 degrees. Then repeat the process for the other side, with the X-ray tech taking pictures at each angle. That was definitely not fun. The X-rays indicated fractured L-2 and L-3 vertebrae.

The police came back and updated me on the other driver. He had no driver's license, no insurance and was under the influence of alcohol.

What about my bike? Where's my bike? How bad is it? The police indicated it looked like only the rear of the bike was damaged. I knew it had to be worse than that, being hit at nearly 35 mph.

Because a fractured vertebra is considered serious bodily injury, the charge went from a misdemeanor DUI/DWI to a felony vehicular assault. So now the police had to go find the guy they'd just let go.

As far as my emergency room doc, he said bike parts can be replaced. Yeah, yeah, I get it. But (the driver) still trashed my bike.

The nurse gradually elevated me over an hour or so until I was nearly sitting straight up in the hospital bed. She wanted to see if I was going to be able to walk sufficiently to be released with some meds. I walked relatively well; slowly, but well. I was released at about 2:30 a.m.

I took the rest of the week off and was back at work the following Monday. The oxycodone really helped, but my shoulders and right ribs and side were sore, like after lifting weights. Those pains went away within a week or so. But the back pain is another story. Visits to a pain management specialist, orthopedic specialist, chiropractor, more X-ray techs for lumbar MRIs, visits to the pharmacy trying to get the right combination of pain medication, co-pays, physical therapy and, the constant back pain continued. Some days are tolerable and some days have hours that are tolerable. And some hours are *not* tolerable.

Getting in and out of my truck is a chore in and of itself. I haven't tried going to the grocery store

yet. My docs say there's not much they can do, it's just going to take some time.

I did get the opportunity to see my bike at the impound lot. An investigator had to escort me since my bike was evidence in a crime scene. I was surprised it was still on its kickstand. The back tire had a big gash in it. The left handlebar was hanging on by its clutch cable, and nearly every light was busted out. The front wheel well/fairing had a big hole in it, but the whole bike didn't look too bad from the right side ... from far away.

I was run over and nearly killed by a drunk driver and left with some road rash on my back and right ankle, which has pretty much healed, and two fractured vertebrae. That in itself is a blessing, considering what could have happened. But I'm still facing a long recovery time with my back.

I want so badly to ride again, and I will. It probably won't be this summer, because the dealer doesn't get very many Ninja 250s in! But seriously, as much as I don't want to admit it, I am in no shape to be riding a bike and probably won't be for awhile.

So my points:

Don't drink and drive. (Like you've not heard that before, huh?) You never know who it is you may hit and how badly they may get hurt.

I highly recommend you have uninsured/underinsured motorists coverage. Unfortunately, from an insurance point of view, you're better off causing the wreck than being the victim of an uninsured/underinsured motorist. Go figure.

Wear safety gear, especially your helmet. I've been known in the past to ride my bike in shorts, tank top and flip-flops. Smart, huh? But I've noticed that most Soldier who ride do wear helmets, long pants, full-fingered gloves and leather jackets. Even off-post. And I applaud you for that.

Soldiers, even more so than me, know to treasure life. It is precious, so be careful out there.

One last note, I have a motorcycle cover that I no longer have a motorcycle to put under. If you need one, please contact the Safety Office and someone can put you in touch with me.

Please be responsible and aware of what's going on around you. And for those of you who don't ride bikes, one, you're missing out, and two, please don't endanger those of us who do ride.



*Folkert's bike after the crash.*

## MOUNTAINEER

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# NEWS

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## Researchers looking to fend off deployment-related decay

by Karen Fleming-Michael

*U.S. Army Medical Research and Materiel Command*

**GREAT LAKES, Ill.** — Army researchers at the Dental and Trauma Research Detachment at Great Lakes, Ill., are working to create a product that will help prevent dental decay during deployments.

The researchers are working with a tasteless peptide that helps break up the film which forms on teeth and kills the bacteria that cause oral disease.

Studies show that dental health deteriorates during deployments. One study, undertaken by Maj. Georgia dela Cruz in 2004, showed that 3rd Infantry Division Soldiers who deployed to Iraq for six months in 2003 returned home with more than two-and-a-half times the number of cavities they had before deploying.

"The amount of tooth decay that occurred in just six months was overwhelming," said dela Cruz, who treated returning Soldiers at Fort Lewis, Wash., before becoming the public health dental staff officer at the U.S. Army Center for Health Promotion and Preventive Medicine.

Sports drinks, soda, candy and stress all contribute to decay during deployments, but lack of brushing plays into the equation as well, said Col. Dennis

Runyan, commander of the research detachment.

"If you've gone a day or two without brushing your teeth and run your tongue over your teeth, you can feel that layer of grunge. It's tough to penetrate," Runyan said. "It's hard to get things down into that biofilm that will actually kill the bacteria."

The peptide's name is a string of consonants — KKVVFVKVFK-NH2 — and is abbreviated KSL. Dr. Kai Leung, has worked with the peptide from the project's inception to determine its killing power and ability to inhibit bacterial growth.

Leung also developed a model that mimics the environment of the mouth, and enlisted the help of lab workers by asking them to donate saliva for his experiments.

He's even tested KSL in animal models to make sure that it doesn't affect the intestinal tract like some antibiotics do.

The dental researchers concluded last year, with the help of Dr. Patrick Deluca at the University of Kentucky, that chewing gum is the best way to deliver KSL.

"Just the act of chewing gum in and of itself helps break up the dental biofilm, so you get a mechanical breakup," Runyan said.

"Then we have an added ingredient that actually helps kill and control the oral pathogenic bacteria

as you chew the gum."

Because gum is already available in MREs, Runyan said it would be a logical step to include the anti-plaque gum in them. "We give them the sugar-free gum in the same MRE that we give them Skittles. It's like giving an alcoholic antabuse and having him wash it down with a shot of Jack Daniels," he said.

The Combat Feeding Program officials in Natick, Mass., with whom Runyan has spoken to aren't making any promises about including it in MREs just yet.

"They deal with costs. I would say they're interested but guarded until we can give them a good final cost," the colonel said. Leung estimates each piece will cost about a dime or less.

In order to claim the peptide can control and kill plaque bacteria, Army researchers must go through the Food and Drug Administration's drug approval process.

Runyan said he hopes the gum will be in clinical trials three to four years from now. He stressed that when the gum is eventually fielded, it shouldn't be seen as a replacement for good oral hygiene.

"The purpose of this gum is not to be a substitute for good flossing and brushing," he said.

"This will hold Soldiers over in times when they — because of operations tempo or availability — don't have the time or the inclination to brush or floss."

# *U.S. Army announces Installation Management Command activation*

*Army News Service*

The Army is reorganizing how it manages installations worldwide into an integrated command with the activation of the Installation Management Command in early fiscal year 2007.

The current installation-management structure includes four separate organizations: components of the assistant chief of staff for Installation Management offices, the Installation Management Agency, the Army Environmental Center and the U.S. Army Community and Family Support Center.

The new Installation Management Command will be accountable to the Chief of Staff of the Army for effective garrison support of mission activities — to serve as the Army's single authority and primary provider of base support services.

This initiative is part of Army efforts in reorganizing its commands and specified headquarters to obtain the most efficient command and

control structures to support its modular force.

The Army Environmental Center as well as the U.S. Army Community and Family Support Center will remain separate organizations — subordinate commands — under Installation Management Command.

The new command also will consolidate the current four Installation Management Agency regions within the United States into just two — to be located at Fort Sam Houston, Texas, and Fort Eustis, Va.

"This new command is the next logical step in the evolution of Army installation management," said Lt. Gen. Robert Wilson, the assistant chief of staff for Installation Management.

"It will dramatically improve our ability to effectively and efficiently manage this critical function with agility to support commanders, Soldiers and their families."

The new command, most of which is

currently based in Virginia and Maryland, will relocate to Fort Sam Houston, Texas, in accordance with requirements of the recently concluded Base Realignment and Closure process.

The Army staff functions will remain at the Pentagon.

Wilson also said that while the new organization will most likely be smaller than the current structure, it will be an organization that is "committed to managing personnel changes through attrition in order to minimize turbulence."

The Army's intent is that Installation Management Command will be commanded by a lieutenant general, who would also hold the position of assistant chief of staff for Installation Management on the Army staff.

That will not occur, however, until an officer is nominated by the president and then confirmed by the Senate.



# MILITARY

## A motley crew creates 'Alternative Soul'

Story and photo by  
Staff Sgt. Mark Wojciechowski

133rd Mobile Public Affairs Detachment

**BAQUBAH, Iraq** — A small containerized housing unit fortified with blast barriers in the middle of Forward Operating Base Warhorse is where "Alternative Soul" was born.

Five Soldiers got together, all from different parts of the United States, and all with slightly different preferences of music. Throw in a hectic work schedule in the middle of a combat zone and the result is an authentic sound that the name hits right on the head.

Sgt. Anthony Smith, a tow missile technician with the 4th Infantry Division's 64th Brigade Support Battalion and the band's lead guitarist explained, "Alternate Soul has an alternative rock background with soul overlaid on top of it."

The band's favorites range from alternative rock's Linkin Park to R&B's Lloyd and even country music's Rascal Flatts.

Pfc. Jerrado Bryant, a Bradley mechanic with Headquarters and Headquarters Troop, 3rd Heavy Brigade Combat Team, covers the R&B vocals.

"I have been singing since I was 9. I grew up in a church as a pastor's son," said Bryant who is from Pensacola, Fla.

Bryant trades off lead vocals with Spc. Daniel Franz of the 64th BSB when the band plays more alternative sounding songs.

Franz works as a vehicle mechanic and provides convoy security for B Company when needed. He also adds a little humor to the group: "I have never sung before, but I have done one tour in a cold shower," joked Franz who hails from Brussels, Wisc.

The newest addition to the band is Spc. Franklin Belvin also with HHT, 3rd HBCT. Belvin is a wheeled vehicle mechanic and bassist for the band.

"The band covers the best of both worlds. We have one vocalist that can sing the R&B side and one that can sing the alternative side," said the Hampton, Va., native.

Laying down the beats for "Alternate Soul" is its drummer Spc. Benjamin Callis, a wheeled vehicle mechanic with HHT. "It gets me away from everything else and I kind of disappear into the music," said Callis who is from Indianapolis, Ind.

Guard duty, convoy security and vehicle maintenance in a combat zone doesn't stop these guys from getting together to refine their sound. The band has 12 of its own songs and members say

they will stay together and cut a record once they get back to Fort Carson.



*Pfc. Jerrado Bryant, right, and Spc. Franklin Belvin of the musical group "Alternate Soul" practice in Iraq. Both Soldiers are with Headquarters and Headquarters Troop, 3rd Heavy Brigade Combat Team. "Alternate Soul" is comprised of five Soldier/musicians that met at Forward Operating Base Warhorse.*

# Military briefs

## Miscellaneous

**Ethics training** — The Office of the Staff Judge Advocate hosts annual ethics training on the following dates: Tuesday, Wednesday and Aug. 23, 24, 29 and 31 from 9-10 a.m. and Sept. 5, 12 and 14 from 1:30-2:30 p.m. Training will be held at McMahon Theater. Training is mandatory for Department of the Army civilians and military personnel. Units with more than 100 members can request individual training. Contract personnel are not required to attend. For details call 526-0538 or e-mail [Lorraine.Sirois@carson.army.mil](mailto:Lorraine.Sirois@carson.army.mil).

**TSP Pilot** — Let the Thrift Savings Plan Pilot take the guesswork out of your TSP fund choice decisions (including the new L funds). TSP Pilot's investment analysts give you optimized fund balance allocations you can plug into your TSP account Web site to maximize returns. A free issue is available. Please allow a few moments for the page to fully load: <http://TSP-pilot.com>.

**Transition Center closure** — The Transition Center in bldg 1042 will be closed Aug. 25 for organizational day. In case of emergency, call 209-1073.

**Casualty training** — Fort Carson hosts casualty training Aug. 22-25 from 8:30 a.m.-4:30 p.m. in bldg 1117, the Mountain Post Training and Education Center, room 202B. This training is mandatory for those assuming casualty assistance officer and casualty notification officer positions. For more information call 526-5613/5614 or e-mail [casualty.gl@carson.army.mil](mailto:casualty.gl@carson.army.mil).

**FLEP** — The Office of the Judge Advocate General is now accepting applications for the Army's Funded Legal Education Program. Under this program, the Army projects sending up to 15 active-duty commissioned officers to law school at government expense. Selected officers will attend law school beginning fall 2007 and will remain on active duty while attending school. This program is open to commissioned officers in the rank of second lieutenant through captain. Applicants must have at least two but not more than six years of total active federal service at the time legal training begins.

Eligible officers interested in applying should register for the earliest offering of the Law School Admission Test. Applicants must send their requests through command channels to include the officer's branch manager at Human Resources Command with a copy furnished to Office of the Judge Advocate General, Attention: DAJA-PT (Yvonne Caron), 1777 N. Kent St., Rosslyn, VA 22209-2194. Applications must be received by Nov. 1. Submission well in advance of the deadline is advised. For details call the Fort Carson OSJA at 526-5361.

**Warrant officers sought** — A board for warrant officer selection will be held in September. Several military occupational specialties are currently in high demand.

The Warrant Officer Career Center is also giving credit for the Basic Noncommissioned Officer's Course, Advanced Noncommissioned Officer's Course and Primary Leadership Development Course towards the Warrant Officer's Candidate School. Instead of six weeks and four days of training, the class will last four weeks and four days. For details on becoming a warrant officer, visit the Web site at [www.usarec.army.mil/warrant](http://www.usarec.army.mil/warrant) or e-mail [wo-team@usarec.army.mil](mailto:wo-team@usarec.army.mil).

**CFC training schedule** — The Fort Carson Combined Federal Campaign will kickoff Sept. 28 at the Special Events Center. All major subordinate commands, directorates, activities, small functions and independent agencies appoint a keyworker for every 25 individuals assigned to facilitate a successful campaign. Each assigned project officer and keyworker will attend a minimum of one training session. Each session lasts no more than 75 minutes.

Project officers training sessions will be Wednesday from 9-10:30 a.m. and 11 a.m.-12:30 p.m. at the Elkhorn Conference Center. Keyworkers training will be Sept. 13 from 9-10:30 a.m., 11 a.m.-12:30 p.m. and 2-3:30 p.m. at the Elkhorn Conference Center. Agencies should forward the name, rank and telephone numbers of project officers and keyworkers to the Fort Carson Directorate of Morale, Welfare and Recreation Campaign Office, attention: Master Sgt. Lisa Belsher, bldg 1217, room 203. Call 526-0423 or fax 526-4691.

**Environmental Health training** — The Environmental Health section of Preventive Medicine offers heat category monitoring training, food service sanitation training and classes on heat and cold weather injuries, sexually transmitted diseases, hearing conservation and medical threat briefings. For more information on these classes call 526-7922 or 524-2238.

**DPW services** — The Directorate of Public Works is responsible for a wide variety of services on Fort Carson. Services range from repair and maintenance of facilities to equipping units with a sweeper, and cleaning motor pools. Listed below are phone numbers and points of contact for services:

- Facility repair/service orders — KIRA service order desk at 526-5345. Use this number for emergencies or routine tasks.
- Refuse/trash — Call Virgil Redding at 526-6676 when needing trash containers, trash is overflowing or emergency service is required.
- Facility custodial services — Call Larry Haack at 526-6669 for service needs or to report complaints.
- Elevator maintenance — Call Larry Haack at 526-6669.
- Motor pool sludge removal/disposal — Call Kandy Clark at 526-9243.
- Repair and utility/self-help — Call Gary Grant at 526-5844. Use this number to obtain self-help tools and equipment or a motorized sweeper.
- Base operations contract COR — Call Terry Hagen at 526-9262 for reporting wind damage, snow removal concerns, damaged traffic signs or other facility damage.
- Portable latrines — Call Fred Buckner at 526-6676 to request latrines, for service or to report damaged or overturned latrines.

## CIF Hours

### Regular business hours

The Central Issue Facility has changed its operating hours. The CIF is no longer open to Soldiers on Fridays. Soldiers may make appointments by calling 526-3321. Listed below are the new operating hours.

### Inprocessing

Monday-Thursday from 7:30-10:30 a.m.

### Initial issues

Monday-Thursday from 12:30-3 p.m.

### Partial issues

Monday-Thursday from 12:30-3 p.m.

### Cash sales/report of survey

Monday-Thursday from 7:30 a.m.-3 p.m.

### Direct exchange

Monday-Thursday from 12:30-3 p.m.

### Partial turn-ins

Monday-Thursday from 12:30-3 p.m.

### Full turn-ins

Monday-Thursday 7:30-10:30 a.m.

### Unit issues and turn-ins

Call 526-5512/6477 for approval.

## Hours of operation

**Education Center hours of operation** — The Mountain Post Training and Education Center's hours are as follows:

- **Counselor Support Center** — Monday

through Thursday, 7:30 a.m.-4:30 p.m. and Friday, 11 a.m.-4:30 p.m.

- **Army Learning Center and Basic Skills Classes** — Monday through Thursday, 9 a.m.-noon, closed training holidays.

- **Defense Activity for Nontraditional Education Support and Advanced Personnel Testing** — Monday through Friday, 7:30-11:30 a.m. and 12:15-4:15 p.m., closed training holidays.

- **Basic Skills Education Program/Functional Academic Skills Training** — Monday through Thursday, 1-4 p.m., closed training holidays.

- **eArmyU Testing** — Monday-Friday, 12:15-4:15 p.m., closed training holidays.

- **Military Occupational Specialty Library** — Monday through Friday, 10 a.m.-2 p.m., closed training holidays.

**Legal Assistance hours** — Operating hours for the Legal Assistance Office are Monday-Thursday from 9 a.m.-5 p.m. and Friday from 9-11:30 a.m. and 1-4 p.m.

**Claims Division hours** — The Claims Division office hours are Monday through Thursday from 9 a.m.-5 p.m., Friday from 8 a.m.-1 p.m. and closed federal and training holidays. To make a claim, Soldiers must attend a mandatory briefing which is given Mondays and Wednesdays at 10 a.m. and 2 p.m. At the briefing, Soldiers must submit a Department of Defense Form 1840/1840R. Submit completed claims Tuesdays and Thursdays.

**DFAC hours** — Fort Carson dining facilities operate under the following hours:

*Wolf Inn* — Monday-Friday 7-9 a.m. (breakfast), 11:30 a.m.-1 p.m. (lunch) and 4:30-6:30 p.m. (dinner). Weekend hours are 7:30-9 a.m., 11:30 a.m.-1 p.m. and 4:30-6 p.m.

*Butts Army Airfield* — Monday-Friday 7-9 a.m. (breakfast), 11:30 a.m.-1 p.m. (lunch) and 4:30-6:30 p.m. (dinner). This DFAC is closed weekends.

*Patton Inn* — Monday-Friday 7:30-9 a.m. (breakfast), 11:30 a.m.-1 p.m. (lunch) and 5-7 p.m. (dinner). Weekend hours are 7:30-9 a.m., 11:30 a.m.-1 p.m. and 4:30-6 p.m.

*10th SFG* — Monday-Friday 7-9 a.m. (breakfast), 11:30 a.m.-1 p.m. (lunch) and 4:30-6 p.m. (dinner). This DFAC is closed weekends.

## Briefings

**Special Forces briefings** — will be held Wednesdays at bldg 1217, room 305, from 10-11 a.m., noon-1 p.m. and 5-6 p.m. Soldiers must be E4-E6 from any military occupational specialty; have a general technical score of at least 100; be a U.S. citizen; score 229 or higher on the Army Physical Fitness Test; and pass a Special Forces physical. Call 524-1461 or visit the Web site at [www.bragg.army.mil/sorb](http://www.bragg.army.mil/sorb).

**ACAP briefing** — The Army Career and Alumni Program preseparation briefing is required for all departing service members. Current ACAP policy requires personnel ending time in service to register one year out and retirees two years out. ACAP preseparation briefings are held Monday-Friday from 7:30-9 a.m. Attendees should report to ACAP by 7:15 a.m., bldg 1118, room 133. Call 526-1002 to schedule the briefing.

**ETS briefing** — ETS briefings for enlisted personnel will be held the first and third Tuesday of each month until further notice.

Briefing sign-in begins at 7 a.m. at bldg 1042, room 310. Briefings will be given on a first-come, first-served basis. Soldiers must be within 120 days of their ETS but must attend the briefing no later than 30 days prior to their ETS or start date of transition leave. Call 526-2240 for more information.

# USNORTHCOM hosts BENS conference

*United States Northern Command Public Affairs*

**PETERSON AIR FORCE BASE, Colo.** — United States Northern Command leaders met Aug. 2 with members of the Business Response Task Force, a newly formed group of the Business Executives for National Security.

BENS is a national, nonpartisan, nonprofit organization based in Washington, D.C., formed to harness successful business models from the private sector to help strengthen the nation's security.

The BENS Task Force was formed to review and recommend to the U.S. government steps to integrate the capability of the private sector as a component of comprehensive disaster response.

During the visit, BENS National Business Force Senior Vice President Ern Blackwelder briefed USNORTHCOM's Joint Interagency Coordination Group on the Task Force's efforts to define the role of business in incidents of national security.

"What we do," Blackwelder said, "is develop models and implement models for improving the way business and government work together. So we hope we can be a channel of communication in the private sector to test ideas and make recommendations for policy."

Also visiting were BENS Task Force members from Bell South Corporation in Atlanta; Science Applications International Corporation in Colorado Springs; and BENS vice president for policy from Washington, D.C.

The group visited with, among others, Lt. Gen.

Joseph R. Inge, USNORTHCOM deputy commander; Maj. Gen. Paul J. Sullivan, USNORTHCOM chief of staff; and Rear Adm. Steven W. Maas, USNORTHCOM director of logistics.

BENS' 12-member Business Response Task Force, chaired by Duane Ackerman, Bell South chairman and CEO, and co-chaired by Newt Gingrich, former House Speaker, and John Breaux, former Louisiana senator, will develop its recommendations in September. It will then give those recommendations to several audiences, including Congress, the Department of Health and Human Services, the White House, state and local governments and the press, Blackwelder said.

The Task Force members are taking two things away from their NORTHCOM visit, Blackwelder said.

"First, we have a strong sense from everyone we've met with that there's great interest in improving communication and cooperation from the private sector. And second," he said, "we have additional clarity from senior leadership here regarding the best way for business to plug into federal government during major catastrophes."

The Task Force members were encouraged at USNORTHCOM's appointment of Joe Catalino as Private Sector Integration, Domestic Initiatives, "to make that more of a full-time outreach in this community," Blackwelder said.

"I look forward to working with organizations such as BENS," Catalino said, "to promote unity of effort between NORTHCOM and the private sector in times of national crisis."

## Volunteers

From Page 1

eligible may not participate in the study.

"Smoking has a direct impact on the physical fitness of service members, which could also affect mission readiness," Buss added.

"Our goal, with this demonstration project, is to reduce the number of tobacco users and improve their quality of life."

Beneficiaries, who meet all of the previously stated eligibility requirements and would like to receive additional information, may visit the TOBACCO-FREE ME Web site at [www.Tobacco-FreeMe.org](http://www.Tobacco-FreeMe.org) or may contact the project by calling the following toll-free number (888) 742-0742.

For beneficiaries who may be unable to receive project information through the above points of access, the Lockheed Martin and Wellplace companies will contact eligible TRICARE beneficiaries, in the four states, by mail, with complete project descriptions and procedural indications on how one may participate.

Outcomes of the TOBACCO-FREE-ME demonstration will be utilized to assist TRICARE in establishing a valid framework for determining future courses of action, to help service members and their families choose healthier lifestyles by ceasing the use of tobacco products.

For more information on the Healthy Choices for Life campaign and the Tobacco Demonstration Project, or to sign up, please visit the TRICARE Web site at [www.tricare.osd.mil/healthychoices/](http://www.tricare.osd.mil/healthychoices/).

# 1st Space Brigade under new commander

*U.S. Army Space and Missile Defense Command Public Affairs*

**PETERSON AIR FORCE BASE, Colo.** — Col. Timothy R. Coffin assumed command of the 1st Space Brigade from the unit's outgoing commander, Col. Kurt S. Story as Col. Roger F. Matthews passed the brigade's colors to the new commander during a July 27 ceremony.

"Since November 2002 units of the brigade have been deployed continuously in Afghanistan and Iraq," said Matthews. "The Army Space Support Teams, Commercial Exploitation Teams, and JTACS (Joint Tactical Ground Station) crews have rotated Soldiers but the units have remained. And Soldiers have returned to these locations after short stays in the United States between rotations.

"This continuous record of excellence could only have been accomplished by a team of seasoned, well-trained warriors who live the Army values and epitomize the Warrior Ethos."

"The 1st Space Brigade stands before you a combat proven force that has met and continues to meet every mission. This brigade is as it is because of the great dedication from an exceptional team led by Colonel Kurt Story," Matthews added.

Matthews, deputy commander for operations, U. S. Army Space and Missile Defense Command/U.S. Army Forces Command hosted the ceremony for the 1st Space Brigade, which is the operational element of SMDC/ARSTRAT.

"Over the last two years the Soldiers of the 1st Space Brigade have exemplified these words

(contained in John F. Kennedy's inaugural speech) in their continued outstanding support to the Global War on Terrorism. In addition to its fixed-base, 24/7 operations, the brigade supported numerous combatant commander exercises and maintained a continuous forward deployed presence in the CENTCOM (U.S. Central Command) AOR (Area of Responsibility) providing direct support to the 'boots on the ground' warfighter."

The quote from JFK's 1961 inaugural address reads, "we shall pay any price, bear any burden, meet any hardship, support any friend, oppose any foe to assure the survival and the success of liberty."

In his remarks Coffin said, "The 1st Space Brigade mission remains unchanged. It is to conduct continuous space force enhancement, space support, and space control operations supporting U.S. Strategic Command and supported combatant commanders, enabling and shaping decisive operations."

The 1st Space Brigade has three one-of-a-kind battalions, the 53rd Signal Battalion (Satellite Control), the 1st Space Battalion and the Colorado Army National Guard Space Support Battalion. The 53rd Signal Battalion has the mission of providing dependable, secure, long-haul satellite communications to U.S. warfighting forces around the world and a variety of government agencies. This battalion provides 80 percent of the in-theater satellite communications for Operation Iraqi Freedom and Operation Enduring Freedom in Afghanistan.

The unit has had a continued presence in Iraq since the beginning of the war. The deployed Soldiers have provided space products that enhance both

planning and operations for all forces within the region. The Colorado Army National Guard Space Support Battalion is unique in that it is a National Guard element also with Soldiers deployed to the Middle East and supporting warfighters with products and capabilities from space. One of the unique features of this brigade is that it is composed of active duty, National Guard and Army Reserve Soldiers.



Photo by G. Dennis Plummer

Col. Timothy R. Coffin, right, receives the 1st Space Brigade colors from Col. Roger F. Matthews, deputy commander for operations, U.S. Army Space and Missile Defense Command/U.S. Army Forces Strategic Command on Peterson Air Force Base.



# DENTAC Soldiers get new leadership

Fort Carson Public Affairs Office

The United States Army Dental Activity at Fort Carson held a change of command ceremony Aug. 1 on Manhart Field.

Outgoing commander, Col. Brant A. Bradford relinquished his duties to Col. Craig C. Willard during the traditional ceremony.

Maj. Gen. Robert W. Mixon Jr., 7th Infantry Division and Fort Carson commanding general, was the guest speaker, Fort Carson's Mounted Color Guard was in attendance and Harmony in Motion sang the national anthem and the Army song.

Bradford, after serving three years at the Mountain Post, goes on to his next position as chief of Oral Maxillofacial Prosthetics at Walter Reed Army Medical Center in Washington, D.C.

During his departure speech, Bradford thanked the community for being great customers and said, "I'm very proud to have met the challenge of being the No. 1 DENTAC in the Great Plains Region (during my tenure here)."

Bradford said the DENTAC is in good hands as he departs as "Colonel Willard is the right person at the right

time for the job."

Willard comes to Fort Carson after serving at the Wuerzburg, Germany, Dental Activity.

His other assignments include officer-in-charge of the Hospital Dental Clinics at Fort Sam Houston, Texas, and Fort Lewis, Wash., along with the dental clinic at Camp Page, Korea.

He has been chief of Oral and Maxillofacial Pathology and pathology mentor for residency programs at Walter Reed Army Medical Center, Madigan Army Medical Center and Brooke Army Medical Center. He also served as a staff pathologist at the Armed Forces Institute of Pathology in Washington, D.C.

Willard is a Diplomate of the American Board of Oral and Maxillofacial Pathology and a fellow of the American Academy of Oral and Maxillofacial Pathology.

Willard said he looks forward to "embracing the DENTAC command and serving the entire Fort Carson community."

Fort Carson's DENTAC is comprised of a headquarters area, the Soldier Readiness Processing Site and four dental clinics — Smith, Larson and the Hospital Dental clinics and Dental Clinic No. 1.



Photo by Marco Minero, DOIM Visual Information

Maj. Gen. Robert W. Mixon Jr., right, 7th Infantry Division and Fort Carson commanding general, hands the Dental Activity guidon to incoming commander Col. Craig C. Willard while outgoing commander Col. Brant A. Bradford looks on. The change of command ceremony was held on Manhart Field Aug. 1.

# Field artillery unit bids cavalry brothers farewell, see you at home

Story and photo by Spc. Lee Elder

133rd Mobile Public Affairs Detachment

**BALAD, Iraq** — Part of a cavalry unit's job description is to be on the move; so its latest relocation comes as no surprise to members of B Troop, 2-9 Cavalry, 3rd Heavy Brigade Combat Team.

The troop is leaving Logistical Support Area Anaconda and is headed to Forward Operating Base Warhorse but will eventually wind up joining the rest of its squadron at FOB Normandy. It's the fourth move for the squadron since arriving in northern Iraq eight months ago.

Packing up and leaving does not phase his troopers said the unit's top noncommissioned officer, 1st Sgt. Martin Kelley. He said it was just part of being in the cavalry.

"We've been operating independently for more than eight months," Kelley said. "My guys are pretty disciplined and the cavalry's organization is to go where you're told. A lot of times we're told, 'We want you 100 (kilometers) away and we want you there yesterday,' so we're used to doing that."

The move allows B Troop to relieve Soldiers from the 1-32nd Cavalry Squadron, 101st Airborne Division, who have worked the hard-fought area in and around Muqdadiya. Kelley said either way, the cavalry's mission remains focused on finding the enemy.

"They give us our battle space area and then our objective is to control that area," Kelley said. "We do route clearance (operations) and get with the population to find out where the insurgents are at. Each area we move to, the mission is pretty much the same."

To show his unit's appreciation, Lt. Col. Jeffery Vuono, commander of 3rd Battalion, 29th Field Artillery, 3rd HBCT, gave the troop's commander, Capt. Toby Austin, a plaque marking the Bulldogs' service as a part of Task Force Pacesetter.

He said B Troop had played a large part in the Pacesetter battalion's success operating in and around Logistical Support Area Anaconda.

The task force was unsure of its mission and the blending of different units while they were training up in Kuwait. However, those concerns were put to rest when they met face to face, Vuono said.

"From the moment I met Captain Austin and our brothers here from B Troop, 2-9th Cav, I knew we had something special," said Vuono. "I love you guys and I appreciate all the hard work."

While B Troop is off on its next mission, Vuono said the bond would remain. He wished the departing Soldiers luck on their next mission. You are always



*As they prepared to leave Logistical Support Area Anaconda, 1st Sgt. Martin Kelley gives Soldiers from B Troop, 2-9th Cavalry, their marching orders.*

members of the Task Force Pacesetter, 3-29th Team," Vuono said. "I appreciate you."

Austin said his unit is grateful for its time as part of the task force. He hoped the Soldiers would all see each other when they returned to their home at Fort Carson.

"I just want to say thank you," said Austin. "Your support has been outstanding."

"You brought us here and took care of us. It was great working with you."

# COMMUNITY

## Give children back-to-school boost

by **Christine Levy**

Evans Army Community Hospital

It's that time of year; school registration, school physicals and back-to-school shopping. Add one more thing to the list and you can improve your child's health, self-esteem and physical and academic performance.

"What is it?" you ask? It's a lunchbox. Only 2 percent of school-aged children meet the Food Guide Pyramid guidelines for eating all of the five food groups. That may be because of the low-nutrient-density "competitive" choices such as vending machines, snack carts or high-fat foods available at school or it may be because we parents haven't paid enough attention. Despite the fact that they aren't meeting the recommended guidelines, they are taking in excess calories to the point that 15 percent of children ages 6 and older are overweight; double the rate of what it was in the early 1970s.

So let's go back to our roots and send our children to school with a dose of healthy nutrition along with the school supplies.

Look for a lunchbox large enough to hold a sandwich, drink and healthy side items and something to keep food chilled.

Some parents use the "I don't have time" excuse when it comes to making a lunch, but that's why it's important to get the child/teen's involvement. Take them grocery shopping. Pick out nutritious items together. Eating healthy needs to be a family behavior, otherwise it is seen as a punishment. Learn to read food labels to identify items high

in carbohydrates (sugar) and fat.

Try to find items that have fiber and protein along with small amounts of carbohydrates because these foods will be more satisfying and prevent the desire to "graze" throughout the day. They will also keep your child's energy level up so he can focus on his school work. Develop an understanding for portion control and have food containers at home for them to pack individual portions in. Web sites such as [www.mypyramid.gov](http://www.mypyramid.gov) will provide portion size information. Have children prepare part of their lunch, that way you know it will be something they like versus something that will be thrown in the trash. The key is *variety*. Peanut butter and jelly is tasty, but not every day.

Help children plan a lunch menu so that items rotate and they won't get bored. Pre-portioned items such as canned light fruit, sugar-free jello or pudding, baked chips or pretzels are available in the commissary. Although some of these items may cost a little more than making them yourself, the convenience factor usually outweighs the expense; especially if you remember your initial "time factor excuse" and the fact that you can still provide a lunch for less money than it costs to buy it. It is important to remember that protein-containing foods need to be kept refrigerated, thus the importance of placing a small freezer pack in the lunch bag to keep things cold.

If you're stumped for lunch suggestions, see some of the samples listed below. The nice thing is that all foods fit. There is no rule that says you can't have a breakfast taco for lunch, but you must keep it

chilled. Some cafeterias have microwaves available, so keep that in mind as you plan the lunch menu. Leftovers from the night before make great lunches.

The goal is to provide a protein source, whole-grain bread (most of the time, if possible), a serving of fruit, a serving of vegetables, a low-calorie dessert treat or chips that average approximately 100 calories/serving, and water, a low-sugar drink or skim milk.

The combination of protein, complex carbohydrates, fiber and a small amount of fat will help sustain children through the day. A few examples are listed below, but you can make lunches meet your child's preferences ... the key is portion control.

• **Peanut butter and jelly on whole wheat**

(no more than two tablespoons of peanut butter and one tablespoon of jelly)

One piece of fruit

½ cup of fresh vegetable sticks (with one tablespoon of light salad dressing, if desired)

One ounce baked chips or pretzels

Eight ounces of 1 percent or skim milk

• **Turkey sandwich with lettuce, tomato and one slice cheese** (two ounces of turkey or meat and one ounce of cheese)

One box of raisins

One ounce bag of nuts

Artificially-sweetened, fruit-flavored beverage

• **Tuna salad with lettuce and tomato in half**

a pita (three ounces of tuna and one tablespoon of light mayonnaise)

Can of light fruit

One ounce string cheese

One ounce baked chips

Bottled water or low-sugar juice

• **Leftover piece of pizza**

Assorted fresh vegetables in a baggie

One piece of fruit

Two fruit-filled cookies (or two cookies that don't equal more than 100 calories)

Eight ounces skim or 1 percent milk

If you think your family and children have weight issues that are getting out of control and you need help with nutrition and lifestyle changes, contact Capt. Kristin Monnier at the Mountain Post Wellness Center at 526-3887 and enroll in the Children's Activity and Nutrition Workshop.

Children learn what they live so remember to make food and meals fun and teach your children to "eat to live" versus "live to eat."



## How passive smoke affects your child

by **Maj. (Dr.) Athena Stoyas**

Evans Army Community Hospital

What's the best gift to give your family? The gift of fresh air. Have you thought about the cost of cigarettes? The average pack costs \$4. If you smoke one pack per day, that equals \$120 per month and

\$1,460 per year. Imagine what else you could purchase with that money, not to mention the improved health of yourself and your family.

Many studies have found that smoking causes lung cancer, bronchitis, emphysema and heart disease. Women who smoke and take birth control pills are at

increased risk of blood clots. Deaths from cigarettes each year exceed the total annual deaths from alcohol, homicide, suicide, auto accidents, AIDS and illegal drugs combined. If you quit now you will gradually decrease the risk of these health problems. Not only that, your clothes and breath

will smell better and your exercise performance will improve.

Aside from the risks to your health, smoke is a significant health risk to your family. The smoke from the burning end of a cigarette composes 85 percent of the smoke



# Community briefs

## Miscellaneous

**Combat veterans' support group** — Each Monday from 11:30 a.m.-1 p.m. at the Family University, bldg 1161 (corner of Ellis Street and Magrath Avenue), a combat veteran's support group meets. Bring a lunch and join the group. For more information call 338-7816 or 526-4590 or e-mail [PaulDean.Allen@carson.army.mil](mailto:PaulDean.Allen@carson.army.mil).

**Bonfils Blood Center and Fort Carson drive** — A community blood drive will be held Thursday from 10 a.m.-3 p.m. at the Elkhorn Conference Center located at 7300 Woodfill Road. There will be a free taco bar provided by Qdoba for donors. Contact Bonfils Blood Center at (800) 750-4483, option 1, or e-mail [cheryl\\_wren@bonfils.org](mailto:cheryl_wren@bonfils.org) to schedule an appointment to donate. Volunteers who donate through Sept. 9 will receive a Bonfils license plate holder and a cling car sticker.

**PPCC offers daytime six-week classes** — Pikes Peak Community College is offering daytime six-week classes from Sept. 11-Oct. 19. Active duty Soldiers need to enroll through the GoArmyEd portal at [www.goarmy.com](http://www.goarmy.com). Family members and civilians may enroll in room 118, bldg 1117, the Mountain Post Training and Education Center. Tuition is \$84.50 per semester hour and textbooks are loaned by PPCC.

**Mark your calendar** — Fort Carson's fifth annual Community Sustainability Conference and Exposition will be held Nov. 8-9. The topic is "Gaining Irreversible Momentum for Regional Sustainability." An ice breaker will be held Nov. 8 and the conference will be held Nov. 9.

For more information visit the Web site at <http://sems.carson.army.mil>. Register for the conference on the Web site beginning in early September.

**"Heroes to Hometowns" launched** — The tradition of veterans helping veterans was extended to a whole new generation of American warriors and their families July 26 with a signing of a memorandum of understanding between the American Legion and the Department of Defense formalizing the "Heroes to Hometowns" program.

The MOU establishes a partnership between the American Legion National Headquarters and the Office of the Deputy Under Secretary of Defense (Military Community and Family Policy).

The program will set up a support network and coordinate resources before severely injured service members return home. Child care, temporary housing, errand-running, adapting homes or vehicles, spiritual support, government claims assistance and financial aid are just some of what the Legion posts will provide. The American Legion has nearly 15,000 posts around the world.

**DOL closures** — Due to funding constraints, the following Directorate of Logistics facilities will be closed each Friday through Sept. 30:

- Supply — Storage Activity (bldgs 330, 8000 and vehicle storage); Installation Property Book Office (bldg 330 and 20000); Central Issue Facility, a skeleton crew is available on Friday for individual Soldier emergencies only; Ammunition Supply Point and Ammunition Handling Area, no appointments for turn in or issues will be made on Fridays.

- Transportation — Inbound and Outbound Freight (bldg 330); Central Receiving/Shipping Point (bldg 330); Federal Express shipments (bldg 330); Packing, crating, blocking, bracing and tie-down function (bldg 330); contingency warehouse (bldg 520); hub and spoke operation; deliveries will continue to be made by truck Monday-Thursday.

- Maintenance — The Maintenance Division's PP&C Office will be minimally staffed on Fridays. For more information call 526-3619.

**Prevention of hantavirus urged** — The recent death of a man camping in El Paso county is a reminder of the threat hantavirus poses to the region's residents. Hantavirus is a serious viral illness caused when people breathe in the dried urine, feces or saliva of infected deer mice.

Deer mice and hantavirus are common in El Paso county. Some steps to avoid coming into contact with the virus include:

- Rodent-proof homes and buildings to keep mice out.
- Eliminate rodent food supplies and hiding places.
- When cleaning rodent-infested structures use special precautions such as airing out rodent-infested buildings or areas at least 30 minutes before cleaning.
- Do not sweep or dry vacuum rodent contaminated surfaces.
- Use a solution of household bleach (one cup per gallon of water) to disinfect area. Wear disposable gloves and mask when cleaning.
- When camping or sleeping outdoors, avoid sleeping near rodent droppings or burrows. Sleep in tents with floors, above ground or on a ground cloth.

For more information visit the Web site at [www.elpasocountyhealth.org](http://www.elpasocountyhealth.org) or call 578-3199.

**POW memorial** — The Rocky Mountain Chapter of the American Ex-Prisoners of War is planning a POW memorial to be placed in the Circle of Honor at Memorial Park in Colorado Springs. Donations are being sought to fund the project.

For more information call Lester L. Stroup at 596-3171.

**Remembrance-reunion event** — First Air Force, Air Forces Northern and the Continental U.S. North American Aerospace Defense Region 9-11 Remembrance-Reunion is set for Sept. 9 and 10 at Tyndall Air Force Base, Fla.

The event includes a wreath-laying ceremony, Combined Air Operations Center/F-22 tour and mission briefing, remembrance-reunion dinner and a religious service.

This event will commemorate those who served on Sept. 11, 2001, and also recognizes service members who continue to defend the nation through Operation Noble Eagle. For more information visit the Web site at [www.1staf.af.mil/911/index.htm](http://www.1staf.af.mil/911/index.htm) or call (850) 283-8659.

**Head Start now enrolling** — Community Partnership for Child Development is currently enrolling children and families for its free preschool and infant/toddler programs including Head Start and Early Head Start. Families with children under 5 including expectant parents who live in El Paso County are eligible to enroll.

Children with special needs are welcome and receive therapy services as part of daily curriculum. Families must qualify to enroll; however, income is not a limiting factor for all programs.

Call 635-1536 for information or visit [www.cpcdheadstart.org](http://www.cpcdheadstart.org).

**Hypertension class** — Do you have high blood pressure? Do you want to lower your risk of heart disease? A hypertension class is presented every other Thursday from 10:30 a.m.-12:30 p.m. in the Mountain Post Wellness Center, bldg 1526.

To register or for more information call 526-7022. The class is presented by Disease Management and Nutrition Care.

**Post Traumatic Stress help** — "LZ Calvary" is a small group Bible study and support group for veterans experiencing the effects of post traumatic stress disorder. Join a group of veterans who are experienced in combat-related problems and who have successfully dealt with the memories and effects of combat as we

**Army Community Service**  
Family Readiness Center, Bldg 1526  
TEL: (719) 526-4590



## FORT CARSON

# 2006 YARD SALES

1<sup>st</sup> & 3<sup>rd</sup> Saturday of the month (April thru December)  
8:00 A.M. to 3:00 P.M. / Installation Wide

## August 5 and 19

## September 2 and 16

## October 7 and 21

## November 4 and 18

## December 2 and 16

Yard sales are organized and conducted by the Installation Mayoral Program, the DPW Housing Liaison office and the GMH Military Family Housing office with the assistance of the Military Police. Yard sales on the installation can only be conducted on the above specified dates. Citations are issued for not adhering to the dates and guidelines. Make up days (inclement weather) are the Saturday following a regularly scheduled date. Single soldiers and military families (active or retired) which reside off the installation can also participate by setting up in the parking lot of Beacon Elementary School. Installation residents can setup in front of their homes. For more information, call (719) 526-4590.

work through PTSD-related problems through the study of God's word, fellowship and group discussion. Meetings are held Mondays at 10 a.m. at Grace Brethren Church, 2975 Jet Wing Dr.

Call Robert P. Schaffer at 390-8096 or 510-6009 for more information.

**Alcoholics Anonymous** — Alcoholics Anonymous meetings are held at Veterans Chapel Wednesdays at 6 p.m. For more information call 322-9766.

**West Nile Virus precautions** — Post residents should eliminate mosquito breeding sites on post by removing standing water in ponds, gutters, flower pots, cans, tires and puddles, as well as garden equipment, toys and pool covers. Water in birdbaths and wading pools should be changed weekly.

Dead birds should be reported to Directorate of Environmental Compliance and Management at 526-5141 during duty hours or military police at 526-2333 during non-duty hours.

**Plague watch** — The Directorate of Environmental Compliance and Management issued a plague watch July 20 as a result of excessive prairie dog die-off in several colonies near Butts Army Airfield and to the west along Wilderness Road.

Until further notice, residents are advised to stay clear of the areas around Butts Army Airfield and Wilderness Road.

Plague is a disease transmitted primarily through the bite of infected fleas. Prairie dogs, wood rats and other species of ground squirrels and chipmunks can carry infected fleas. The fleas also move easily from wild animals to domestic pets.

Report dead animal findings to DECAM Pest Control at 526-5141 or the Wildlife Office at 524-5393/5394.



# Jesus as the warrior-judge

**Commentary by John Michael Betz**

*Chaplain candidate*

Jesus Christ is the epitome of a soldier-warrior. We frequently see him painted as the shepherd carrying a lamb or as a disgraced criminal dangling on the cross, but his close disciple John describes him in Revelation 19:11-21 as the victorious warrior-judge returning to set things right in the world. One can hear the language of the "Battle Hymn of the Republic" where Christ is "trampling out the vintage where the grapes of wrath are stored." This is not "Buddy Jesus" but rather "Braveheart Jesus." Jesus came 2,000 years ago as a servant. The next time He comes, everybody will see Him, and He will come dressed for battle against those who rejected him. On which side of the battlefield do you find yourself?

Jesus rides to battle like someone who has already received the victory: He rides a white horse (white symbolizes victory) and has an entire procession of his followers dressed in party clothing riding behind Him. The victory is a sure thing, and the victory is Christ's alone! Those people who actively follow Christ in their lives are those who will share in this festivity: Christ's followers are dressed to celebrate in white linen, while Jesus is dressed to fight.

John gives seven attributes to Jesus the Warrior-Judge. (1) Only Christ Jesus is completely faithful (to his Father and to us) and He is the truth. (2) He is the judge and executioner of those

who rejected Him. (3) He can see their purity (or lack thereof) with His eyes of purifying fire. (4) His many crowns stand in stark contrast to the crowns of the dragon and the beast (see Revelations 12:3 and 13:1). The dragon and beast represent the spiritual forces which oppose the Gospel. Jesus' crowns show that he has authority and sovereignty over earthly and spiritual kings and rulers. (5) We have yet to see Christ as He will fully be revealed in the last day, which is why He has a name that only He knows. (6) Isaiah 63:1-6 clarifies that the blood on His robe is the blood of His enemies — this means that the outcome is certain:

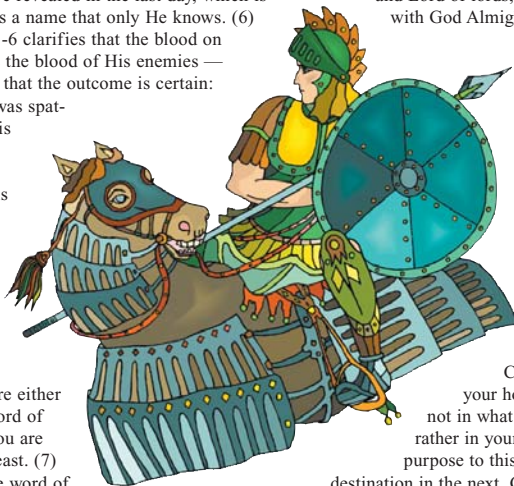
the blood was spattered on His clothes when He crushed His enemies beneath His feet. When Christ comes again, it will be too late: you are either with the Lord of lords, or you are with the beast. (7) Jesus is the word of

God: namely, the one through whom God carries out His will.

Jesus does four things in this passage: (1) strikes down His opposition with the sword of judgment, (2) shepherds with His iron staff (or scepter) to beat away the wolves of the beast, (3) tramples His enemies in the winepress of God's wrath, and (4) reveals Himself as absolute King and Lord. By calling Christ Jesus "King of kings and Lord of lords," John is equating Christ with God Almighty of the Old Testament.

Not only does Jesus Christ have all the authority, but He has also defeated his enemies. Moreover, if you are fighting spiritually on the side of Christ, His enemies become your enemies, and you change (by the power of the Holy Spirit) into a spiritual warrior. He strengthens you to fight the demons which plague you. Finally, with

Christ as your warrior-judge, your hope and fulfillment are not in what you can buy or eat — but rather in your identity: you have a purpose to this life and a heavenly destination in the next. Glory, glory, hallelujah!



## Chapel

**Catholic Holy Day** — The Assumption Mass will be held Tuesday at noon and 6 p.m. at Soldiers' Memorial Chapel. For details call 526-5279.

**New Protestant Communion service** — Beginning Aug. 20, an 8 a.m. Protestant Communion service will be offered at Prussman Chapel.

The service will use a form that is common to the Episcopal and Lutheran denominations as well as United Methodist, Presbyterian and other mainstream Protestant denominations.

Chap. (Maj.) Cope Mitchell will be the primary chaplain for the service. Chap. (Lt. Col.) Michael T. McEwen, pastor of the Fort Carson Episcopal/Lutheran community, will routinely participate in the service with Mitchell.

For details contact Mitchell at 524-2840 or e-mail [richard.cope.mitchell@us.army.mil](mailto:richard.cope.mitchell@us.army.mil).

**Catholic religious education** — The Catholic Religious Education program will begin Sept. 10. Registration forms will be available at Soldiers' Memorial Chapel in the library.

For more information contact Pat Treacy at 524-2458.

**Protestant Sunday school** — Registration for Protestant Sunday school begins the end of August. For more information call 526-5626.

**Summer worship** — Summer worship at Soldiers' Memorial Chapel is held Sundays at 11 a.m.

Children's church for those age 4-12 is held during the worship service. Youth activities are held monthly.

## Chapel Schedule

### ROMAN CATHOLIC

Day	Time	Service	Chapel	Location	Contact Person
Mon., Wed., Fri.	noon	Mass	Healer	Evans Army Hospital	Fr. Gagliardo/526-7412
Tues., Thurs.	noon	Mass	Soldiers'	Nelson & Martinez	Chap. Goellen/526-5769
Saturday	5 p.m.	Mass	Soldiers'	Nelson & Martinez	Chap. Goellen/526-5769
Sunday	9:15 a.m.	Mass	Soldiers'	Nelson & Martinez	Chap. Goellen/526-5769
Sunday	10:30 a.m.	CRE	Soldiers'	Nelson & Martinez	Pat Treacy/524-2458
Sunday	11 a.m.	Mass	Healer	Evans Army Hospital	Fr. Gagliardo/526-7412
Sunday	11 a.m.	Mass	Provider	Barkeley & Ellis	Chap. Goellen/526-5769
Tuesday	7 p.m.	RCIA	Soldiers'	Nelson & Martinez	Pat Treacy/524-2458
Saturday	4 p.m.	Reconciliation	Soldiers'	Nelson & Martinez	Chap. Goellen/526-5769

### PROTESTANT

Sunday	9 a.m.	Protestant	Healer	Evans Army Hospital	Chap. Cartee/526-7387
Sunday	9 a.m.	Protestant	Provider	Barkeley & Ellis	Chap. Meeker/526-3711
Sunday	11 a.m.	Protestant	Soldiers'	Nelson & Martinez	Chap. Deppmeir/526-8011
Sunday	11 a.m.	Prot.-Gospel	Prussman	Barkeley & Prussman	Chap. Borden/526-4206
Sunday	9:30 a.m.	Sun. School	Prussman	Barkeley & Prussman	Chap. Borden/526-4206
Sunday	9:30 a.m.	Sun. School	Soldiers'	Nelson & Martinez	Dr. Scheck/526-5626
Tuesday	9 a.m.	PWOC	Soldiers'	Nelson & Martinez	Chap. Deppmeir/526-8011
Sunday	11 a.m.	Contemporary	Veterans'	Magrath & Titus	Chap. Zusi/526-8890
Tuesday	7 p.m.	PYOC	Soldiers'	Nelson & Martinez	Ms. Scheck/231-9511
Sunday	9 a.m.	Samoa	Veterans'	Titus	Chap. Pies/526-3888

### JEWISH

For information and a schedule of Jewish Sabbath services, call the U.S. Air Force Academy Cadet Chapel at 333-2636.

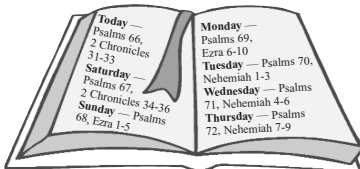
### WICCA

Monday	6:30 p.m.	bldg 4800, corner of Harr and O'Connell	Rhonda Helfrich/338-9464
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### NATIVE AMERICAN SWEATLODGE

Native American Sweatlodge ceremonies (He Ska Akicita Inipi) are offered to military dependents and Department of Defense personnel for traditional prayer and purification. Fasting before the ceremony is recommended and refreshments are offered following the ceremony. Please call the following for information and directions: Michael Dunning 382-5331 or 330-9537, or Zoe Goodblanket 442-0929.

**Daily Bible readings:** To assist in regular scripture reading, the following scriptures are recommended. These scriptures are part of the common daily lectionary, which is designed to present the entire Bible over a three-year cycle.



**The Army Cycle of Prayer** — Please pray this week for the following:

**Unit:** For the Soldiers and leaders of the United States Army Reserve 85th Division (Training Support) located in Arlington Heights, Ill.

**Army:** For the Army G-4, Lt. Gen. Ann Dunwoody, and the military personnel and civilian staff who work in the Office of the Deputy Chief of Staff for Logistics.

**State:** For the Soldiers and families from the state of Alaska. Pray also for Gov. Frank

Murkowski, the state legislators and local officials of the Last Frontier State.

**Nation:** For the Director of the Office of Management and Budget, Rob Portman. For this agency and its mission to oversee the preparation of the federal budget and to supervise its administration in executive branch agencies.

**Religious:** For all Soldiers and families from the Unitarian Universalist Association.

For more information visit the cycle's Web site at [www.usarmychaplain.com](http://www.usarmychaplain.com)



Photos by Master Sgt. Dennis E. Beebe

## *Learning fitness*

**Above:** Capt. Kristin Monnier, right, and Lynne Prouhet of the Mountain Post Wellness Center take the pulse rates of Tiffany Williams and daughter Amanda, participants of the Activity and Nutrition Workshop. The Williams' will be issued pedometers to help keep track of their activities.

**Right:** From front, Amanda and Tiffany Williams, Alicia and Alexander Lundsford perform step-aerobics for a two-minute-period to get their heart rates up. After a one-minute-rest, they have their pulse rate recorded for a base-line figure which will be rechecked in one month. Participants are offered a series of exercises and advice on healthy nutrition as well as other methods to increase physical activity. One of the program's efforts is to reduce "screen time" — TV, computer and video game use.





Courtesy photo

## *A job well done*

Lt. Col. Chad McRee, left, 759th Military Police Battalion commander and Fort Carson director of Emergency Services, is presented with a certificate of appreciation Tuesday by Monique Mings, director of Fort Carson Commissary. The certificate was in appreciation for excellent support provided by William Brent, Installation Force Protection officer, Richard Moore Jr., Installation Antiterrorism officer, and Pete Morris, Physical Security Section from May 25-26. Kuei Blossom, commissary security officer, was tasked to prepare for a Defense Commissary Agency Higher Headquarters Vulnerability Assessment and Security Program Review. Preparation for the assessment required a collective effort from the installation Force Protection and Physical Security offices which resulted in commendable results.

## Smoke

From Page 11

that fills a room. This smoke contains more toxic irritants than the smoke directly inhaled by the smoker.

Tobacco smoke reaches every room in the typical home within 15 minutes.

Studies have shown that infants are affected by parental smoking with increased risk of sudden infant death syndrome, colic and low birth weight. Smokers also have increased rates of miscarriage and stillborn infants.

Other family members subjected to passive smoking have increased rates of respiratory infections, ear infections, meningitis, asthma, allergic symptoms, cholesterol, lung cancer and certain childhood cancers. Asthma is particularly impacted by cigarette smoke, with increased severity and frequency of asthma attacks and higher risk of hospitalization and even death. Additionally, passive smoke has been associated with higher rates of behavior problems, lower scores on achievement and intelligence tests, decreased attention spans, hyperactivity and aggressive behavior in children. In addition, parental smoking increases the likelihood of adolescent smoking.

So what can you do to help your family if you smoke? The best thing is to quit smoking. For further information on quitting, contact your

doctor. Contact Preventive Medicine at the Mountain Post Wellness Center at 526-3887 to enroll in smoking cessation classes. These classes offer education and support and medications to aid in smoking cessation.

What can you do in the interim to protect your family? Change your smoking habits. Here are some suggestions:

- Cut down the number of cigarettes you smoke.
- Use air cleaning devices, such as HEPA filters (high efficiency particle arresting air cleaner).
- Change clothing after smoking or wear a jacket while smoking. This prevents your family from breathing toxic chemicals absorbed into your clothing.
- Never smoke when holding, feeding or bathing a child or in a child's room or in a car with a child (even if the windows are down). Don't smoke in the car when your family isn't there because all the bad chemicals hang around.

• Never smoke in the home.

Always smoke outside.

• Never smoke with your family around you.

• Always sit in nonsmoking sections of restaurants.

• Never leave your child with a babysitter who smokes.

For more information, call the Pediatrics Clinic at 526-7653.



## Sustainability training critical to mission accomplishment now, in the future

by **Susan C. Galentine**

*Directorate of Environmental Compliance and Management*

Each person has an affect on how the Earth's resources are used. The impact of daily living on the planet is substantial and rapidly increasing as the world's population, currently more than 6.5 billion, continues to grow. Sustaining resources for the future is critical for future generations to thrive.

The post population, activities and operations play a part in regional and global resource use, which when coupled with growing federal budget concerns, makes being a sustainable installation even more crucial.

For Fort Carson, sustainability means doing whatever it takes to ensure resources are used in a manner that does not jeopardize current or future missions. The installation sustainability program focuses on well-being, as it relates to Soldiers and families; society, as it relates to the community that supports the installation; nature; and the regional economy.

"All Army installations are required to put in place an environmental management system, which is a tool for managing and improving environmental performance through reducing negative impacts and increasing positive impacts" said Birgitte Tingley, Fort Carson Sustainability planner. Fort Carson has taken it a step further by implementing an SEMS — sustainability and environmental management system — to ensure Fort Carson manages its

impacts to the environment and simultaneously achieves its 12 sustainability goals.

Fort Carson's sustainability goals were developed in 2002 by the installation and the off-post community to address such pressing issues as using energy efficiently and from renewable energy sources; conserving water; ensuring purchases support sustainability; reducing automobile dependency; reducing air pollution and waste generation; ensuring training ranges can continue to support military training; building more environmentally-friendly facilities; and integrating Fort Carson more successfully with the local community.

While working toward the long-term goals of sustainability, the installation also fully implemented its SEMS in 2005. This year, the main SEMS efforts are developing and conducting awareness and competency training, updating goal objectives and targets and performing an internal audit.

Awareness training is important to achieving understanding across the installation of why and how Fort Carson sustainability goals are tackled. From January through June 2006, more than 1,400 Soldiers have been trained and 210 civilian employees have received SEMS Awareness training at Fort Carson, according to Janine Hegeman, of the Wildlife Habitat Council who serves as the SEMS training team co-lead.

The next level of SEMS education, competence training, will be launched this summer. It is expected that all people on Fort Carson with management responsibilities that directly impact sustainability issues will receive the training by Dec.

31. "Competence training will take the awareness training to a higher level, guiding decision-makers to the correct course of action in their activities to advance sustainable practices and behavior installation wide," explained Hegeman.

Some of the more difficult sustainability goals, such as eliminating all waste generated and disposed of by Fort Carson by 2027 will be addressed during competence training. People attending the training will create action plans to implement at their organizations. Combined, these plans will provide powerful impetus to move Fort Carson closer to sustainability. Trainees will see that compliance with SEMS requirements supports Fort Carson's sustainability goals.

Another milestone in the SEMS this year was performing sustainability goal updates. This involved coming up with short-term projects that meet the 25-year goals. For example, Fort Carson plans to begin a recycling operation on training ranges to reduce waste there.

Sustaining Fort Carson resources, whether economic, environmental or other, is the business of every person living and working on the installation. Success in this endeavor ensures current and future generations of military and civilians can meet their mission and maintain a good quality of life on the Mountain Post.

See how a single person can impact the Earth by logging on to [www.myfootprint.org](http://www.myfootprint.org).

For more information about sustainability or SEMS efforts and training contact the sustainability planner at 526-9777.

# Army Community Service celebrates 41st birthday

**Story and photo by Sgt. Clint Stein**

*Mountaineer staff*

More than four decades of community service received special recognition by those who serve and support humanitarian needs of the Army.

The Mountain Post Team celebrated the Army Community Service's 41st birthday Aug. 3 at the Elkhorn Conference Center.

The theme for this year's celebration was "41 and growing strong."

Judy Woolley, Fort Carson ACS director, said programs within ACS are always growing strong each year with the help and support of those who care and give so much to the Army family.

"This party is not near enough to show appreciation to those who work for ACS and serve the Fort Carson community," she said.

Although ACS has officially been around for 41 years, its history can be traced back even further. For years, Army spouses have operated lending closets, thrift shops and nurseries. They have raised funds to help the needy, assisted in emergencies, taught and trained other spouses, provided care and comfort to the ill and bereaved. And, through a grassroots understanding of the Army community, contributed significantly to its stability. An adverse aspect of these social service activities was that they often disappeared or stagnated when their originators transferred or left the service.

Army Community Service was designed to eliminate this adverse aspect to a large extent and provide a flexible framework for the operation of

a viable system of social services. Emerging needs can be met, and services no longer needed can be discarded, to ensure that each program is adapted to the requirements and resources of each local Army community.

On July 25, 1965, Gen. Harold K. Johnson, Army Chief of Staff, dispatched a letter to all major Army commanders announcing approval and establishment of the ACS program.

In early spring of 1966, Lt. Col. Emma M. Baird traveled to Europe to assist commanders in establishing ACS centers, primarily those in Germany.

Initially, in implementing the program, minor confusion arose from the almost simultaneous receipt of "family assistance" guidance, and the announced approval and establishment of the ACS program were one and the same program. Publications of Army Regulation 608-1 on Nov. 19, 1965, superseded all previous instructions and ACS was welcomed as a viable and important Army program.

Born in a climate of some confusion may be a partial explanation of why ACS continues by many to be called "Army Community Services," instead of service.

In its current structure, ACS consists of the Relocation Assistance Program, the Consumer Affairs and Financial Assistance Program, the Family Member Employment Assistance Program, the Volunteer Program, the Exceptional Family Member Program, the Family Advocacy Program, the Outreach Program, and the Information, Referral, and Follow-up Program.



*Judy Woolley, Fort Carson Army Community Service director, right, gives her thanks to those who serve ACS and the Fort Carson community, during a party for the 41st birthday of ACS at the Elkhorn Conference Center Aug. 3.*

In fiscal 1995, an official mission statement was established for ACS: "ACS will assist commanders in maintaining readiness of individuals, families and communities within America's Army by developing, coordinating and delivering services which promote self-reliance, resiliency and stability during war and peace."

For more information about the services that ACS provides call 526-4590.

**Editor's note:** Information used in this article was provided by Fort Carson ACS.



Photo by Sgt. Clint Stein

## *O beautiful*

*Maj. Gen. Robert W. Mixon Jr., 7th Infantry Division and Fort Carson commanding general, center, along with other Colorado Springs community leaders, watches the unveiling of the America the Beautiful memorial Aug. 1 at America the Beautiful Park in Colorado Springs. The memorial is inscribed with the hymnal written by Katherine Lee Bates, whose inspiration for the poem came from Pikes Peak. The memorial was a gift to the city provided by members of the community and the Shrine of Remembrance.*





**Above:** Kimberly Davis right, wearing "Drunk Goggles," undergoes a roadside sobriety test. The goggles let the wearer experience the different levels of inebriation safely and with no hangover. **Left:** Kimberly Davis drives her son Kristofer as she is wearing the goggles. The National Night Out event was held in the post exchange parking lot.



Annette and Sean Bushong get help from mom during the fishing contest at the Outdoor Pool during the National Night Out.



Dancers "Aires de Panama" from Colorado Springs get ready to perform at the National Night Out event held in the post exchange parking lot.

Layout by Jeanne Mazerall

## Fort Carson hosts ... National Night Out

**Story and photos by  
Master Sgt. Dennis E. Beebe**  
*Mountaineer staff*

What is National Night Out?

It is America's Night Out against crime, and Fort Carson has been involved with it for the past six years. This is the 23rd National Night Out campaign involving citizens, law enforcement agencies, civic groups, businesses and neighborhood organizations around the nation.

Last year, 10,000 communities from all 50 states, U.S. territories, Canada and military installations worldwide participated, adding up to more than 34 million people being actively involved.

At Fort Carson, the main event was held at the post exchange parking lot Aug. 1. The Fort Carson Military

Police and Department of Defense Police, along with El Paso County Police, Colorado Springs Police and Fountain Police Departments were present to offer safety and crime prevention tips to the people who stopped by.

There were information booths where people could receive goodies and safety advice.

Representatives from Army Community Service, the Mountain Post Wellness Center, Child and Youth Services, Pikes Peak Council of Boy Scouts-Pack 164, Medical Department Activity and the Fort Carson Young Marines were also on hand to offer support.

Entertainment was presented throughout the afternoon with performances from the dance group Aires de Panama, a fine guitar player and a Flamenco dancer.

There was a special presentation by the Fort Carson Provost Marshal's Office with its K-9 Unit and the Special Reaction Team, that

did an automobile takedown with the SRT's new Bearcat vehicle.

The MPs also had a driving course set up where people, wearing different levels of "Drunk Goggles," could drive golf carts to help replicate various stages of alcohol inebriation.

The Army Community Services had run an Essay Contest and Crime Prevention Art Contest, both for school age children 18 and younger.

National Night Out is designed to heighten crime and drug prevention awareness and generate support and participation in anti-crime programs. It also strengthens neighborhood and police community partnerships.

The huge participation around the country and other parts of the world sends a message to criminals that people and neighborhoods are organized and are fighting back against crime.



Young Marines of Colorado Springs at Fort Carson cook up some of the food offered for free at the National Night Out event held in the post exchange parking lot.



Jacklyn Duval is being held by Spec. Natalie Petersen of 10th Combat Support Hospital while McGruff the Crime Dog says "Hi."





# Out & About

August 12 - 18, 2006

Proudly Brought to You by Your Fort Carson Directorate of Morale, Welfare and Recreation  
Visit us at [www.ftcarsonmwr.com](http://www.ftcarsonmwr.com)

## What's happening...

### Thunder Alley Bowling Center Building 1511 • 526-5542

- Fall League Bowling: Begins 5 September; Mon. - Sat. (New this session: FRG and Housing Mayor's League!)
- Youth Bowling League: Please call Sean at 526-1233 for information

### Cheyenne Shadows Golf Club Building 7800 • 526-4122

- Fort Carson Stroke Play Championship: 26 - 27 August; 100% of \$20 entry fee returns to the prize fund!

### Child and Youth Services

#### Youth Activities Center, Building 5950 • 526-1233

- Fall sports registration, including flag football, soccer, volleyball and cheerleading

### Grant Library

#### Building 1528 • 526-8144

- Snuggle-Up Storytime: 17 August - 6:30 p.m.
- Internet for Beginners: 24 August - 7:00 p.m.
- How to Use the Library: 24 August - 7:00 p.m.

### Sports Division

#### Various buildings • POCs as listed below

- Doubles Tennis: Every Sat. (weather permitting). Information: 526-1023
- Battalion and Unit Level Flag Football: 28 August - 30 October. Information: 526-6630
- Battalion Level Boxing: 18 August, McKibben PFC Building 1160. Information: 526-6630

### APE (Adventure Programs and Education)

#### Building 2429 • 526-5198

- Kayaking, Rock Climbing and Whitewater Rafting: Group and private instruction is available. Rafting trips: Wed. - Sun. until 18 August. Cost \$35 per person or \$32.50 per person for groups of five or more. Pre-registration required.

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**Date: Saturday Time: 12 August 2006 7 p.m.**  
Call 526-4494 for info

**Place: Fort Carson Special Events Center**  
BLDG. 1829 - Specker & Prussman

**USO Sponsors:** at&t, Coca-Cola, MILITARY, TRIWEST, CLEAR CHANNEL, NFI, P&H SYSTEMS, S&K

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It's a long way to the top...

**Come and scale the Outdoor Climbing Wall for FREE**

**Every Wednesday**  
**June 28 - August 16**  
**1700 - 2000**  
**Bldg. 2429, Specker Avenue**  
**All children must be accompanied by an adult**  
**POC: 526-5176**

**ADVENTURE PROGRAMS**  
**MWR**

# There's water in Lake Pueblo State Park

# Happening

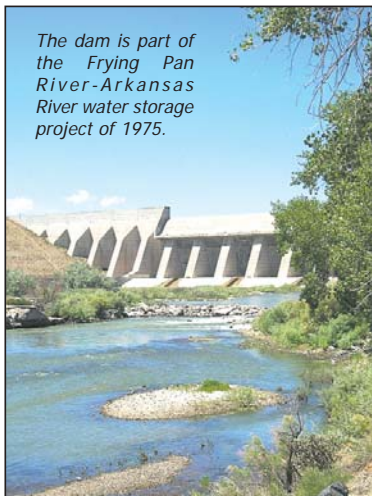


Many privately owned boats are parked at the Southside Marina at Lake Pueblo State Park. Pueblo State Park is one of Colorado's most popular state parks.

Boats can be launched from the shoreline or the marina at Lake Pueblo State Park.



The dam is part of the Frying Pan River-Arkansas River water storage project of 1975.



## Story and photos by Nel Lampe Mountaineer staff

Although residents in the Pikes Peak area have mountains to look at, there's not much water.

It may surprise newcomers that it's less than an hour's drive to a large body of water — Lake Pueblo State Park. It's one of the state's most popular state parks. Sometimes referred to as the Pueblo Reservoir, the lake was created as part of the Frying Pan River-Arkansas River Water Storage Project, which was completed and opened to the public in July 1975.

Primarily, the project was to provide irrigation water for farms in the Arkansas Valley. The project also provides flood control, water for the city, fish and wildlife conservation and recreation.

Although nearly 2 million visitors use Lake Pueblo State Park each year, the area is large enough that crowding usually isn't an issue. However, camping facilities at the park are usually booked weekends in summer,

particularly holiday weekends.

There are 5,000 water acres and 9,000 acres of land in the park.

The lake is 11 miles long and surrounded by grassy plains, small hills and limestone cliffs. There are 60 miles of shore surrounding the lake, fed by the Arkansas River.

Although the lake doesn't have a sandy beach, another area of the park does have a beach — Rock Canyon swim beach.

Use of the swim beach area costs \$1 per person, in addition to the \$5 day pass. Children under 6 years old swim for free.

The nine-acre swim area is filled with water from the Arkansas River and surrounded by a sandy beach. Lifeguards are on duty. A covered open-sided bathhouse, complete with picnic-style tables, is available for visitors who want to stay in the shade. Other options include hanging out on the beach or choosing a shade tree in the grass-covered park area nearby.

The swim beach has a paddle boat and tube concession and a large three-tube water slide. Sliders

pay by the slide or buy a pass.

There are snack bars, showers, restrooms and lockers available at the swim beach.

The park is part of the Colorado State Parks system and a fee is required for entry. A daily pass, valid from the day it is purchased until noon the following day, is \$5 per car.

People who might be frequent visitors at Lake Pueblo State Park or any other of the 40-plus Colorado State Parks may purchase an annual pass for \$50. The annual pass allows the passholder unlimited access to any Colorado State Park. The day pass can be purchased at park entrances and the self-service dispensers located in the park.

The park has three campgrounds, including 281 campsites with electric hookups, water, a paved camping pad, tables, grills, shades and a nearby flush restroom, laundry and shower facilities. Another 100 campsites have a paved camping pad, table, grill,



Places to see in the Pikes Peak area.

Aug. 10, 2006





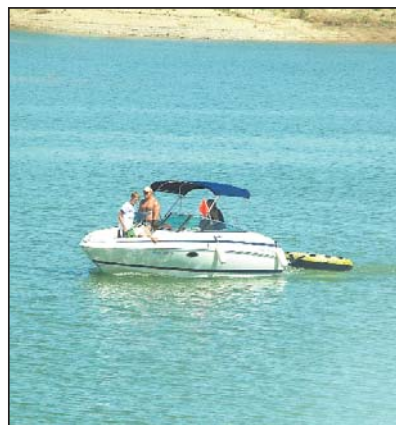
Fishing is popular at Lake Pueblo State Park. The park is about 40 miles from Fort Carson.



Swimmers enjoy the swim beach at Lake Pueblo State Park. The swim beach is open during the summer and costs \$1 admission.



There are almost 400 camp sites in Lake Pueblo State Park and reservations are suggested, especially around holidays.



The warm water of Lake Pueblo is ideal for water sports.

## Pueblo

From Page 25

shade, water and restrooms.

Seven walk-in camping sites are equipped with only tables and grills.

In addition, a group campground accommodates 17 campers.

To reserve a campsite, call (800) 678-2267 or (719) 547-3880.

For people who just want to spend the day, there are dozens of picnic sites, for use during the day (no camping).

A camping permit must be displayed. The camping fee is \$12 per night for a full service camp, and \$7 per night for the primitive camps.

The full-service camping areas are open from April 1 to the end of September. During the summer, it is recommended that reservations be made prior to arriving at the park because the camping sites are quite popular.

During winter, only the primitive campground is open.

The park itself is open every day of the year, 24 hours per day.

Warm water temperatures at Lake Pueblo make it an ideal spot for water skiing. Regular wind conditions are excellent for sailboating and sailboarding.

Boaters must comply with Colorado Boating Statutes and Regulations. A copy of the rules is available at Lake Pueblo Park.

Boaters enter the lake at either the

Northshore or Southshore marina. There is no additional fee for boat use at the lake.

Fishing is popular at Lake Pueblo. The lake has channel catfish, sunfish, crappie, walleye, black bass, wipers and trout. The Colorado Department of Wildlife operates a fish hatchery on the grounds.

A valid Colorado fishing license is required. A one-day to five-day fishing license may be purchased at the park. Children under 16 years of age are not required to have a fishing license.

Lake Pueblo has marine service available including boat repairs, rentals and boat mooring slips. A few supplies are sold, including food and gasoline.

The park is open year around. Because of the mild climate in the Pueblo area (the lake is at 4,900 feet altitude) the recreation season is March through October.

A visitor center at the park headquarters, near the Southshore Marina, has a few displays about the Frying Pan-Arkansas project, area wildlife and fish, brochures about area attractions, boating rules, books and souvenirs.

A ranger is on duty to answer questions between the hours of 8 a.m. -5 p.m., seven days each week during summer. Hours are shorter during winter, but are posted.

In addition to water sports, other leisure activities include hiking and bicycle paths.

If you don't own camping or fishing

equipment, visit Fort Carson Outdoor Recreation Center before going shopping. Almost anything you might need for a weekend trip to Lake Pueblo State Park can be rented there; call 526-1993 to make reservations for equipment.

Other Colorado State Parks in the Pikes Peak region include Eleven Mile State Park off Highway 24 west; about 60 miles away. Spinney Lake State Park is in that same vicinity.

To reach Lake Pueblo State Park, take Interstate 25 to Pueblo, taking the Highway 50 West exit. Continue for four miles, turning south onto Pueblo Boulevard, then go about four more miles to Thatcher Avenue. At Thatcher, turn west and follow signs to the entrance — it's about six more miles.

### Just the Facts

- **Travel time:** 45 minutes
- **For ages:** all
- **Type:** lake, park
- **Fun factor:** ★★★★★  
(Out of 5 stars)
- **Wallet damage:** \$ entry
  - \$ = Less than \$20
  - \$\$ = \$21 to \$40
  - \$\$\$ = \$41 to \$60
  - \$\$\$\$ = \$61 to \$80
 (Based on a family of four)

## Get Out!

### Lt. Dan Band

Gary Sinise, of the television series "CSI: New York," and the "Lt. Dan Band" will perform a free show Saturday at 7 p.m. in the Special Events Center; call 526-4494 for information.

### Free art performances

The Pueblo Performing Arts Guild presents a street gala, "Taking it to the Street" Saturday, 4-9 p.m. on Main Street, between 4th and 6th streets. Performers will be on three outdoor stages and vendors will be on hand. For information go online to [www.PuebloPAG.org](http://www.PuebloPAG.org).

### Colorado State Fair

The Colorado State Fair at the State Fairgrounds in Pueblo runs Aug. 25 through Sept. 4. Fair concerts include Rick Springfield, Trapt, Howie Mandel, Blake Shelton, Carrie Underwood, Neil Sedaka, Big and Rich with Cowboy Troy, Los Lonely Boys and REO Speedwagon. Tickets range from \$12 to \$30; call 520-9090 or go online at [www.Coloradostatefair.com](http://www.Coloradostatefair.com). The fair includes food vendors, animal exhibits, rodeos, a carnival and other activities.

### Academy concerts

The Academy concerts season includes the Five Browns Sept. 22; "I Can't Stop Loving You," Oct. 13; The Lettermen's Christmas Show Dec. 1; Bill Engvall Feb. 10, "Wonderful Town" March 3 and Chip Davis and Mannheim Steamroller May 4. Contact the Academy box office at 333-4497 for information. Shows are in Arnold Hall Theater.

### Rockies appreciate military

Coors Field has military appreciation days at Colorado Rockies games with the Milwaukee Brewers and the New York Mets in August, and the Washington Nationals in September. Call (303) ROCKIES to purchase \$6 tickets, identify yourself as an active military member or veteran and provide the reference number: 741532. There's a \$2.50 service charge and a credit card must be used. This offer is not available at Coors Field ticket windows. See the post Web site, [www.carson.army.mil](http://www.carson.army.mil) for more information.

### Sky Sox hosts military Sundays

Sky Sox Baseball Club honors troops with military Sundays. All military and Department of Defense families get 50 percent off Sunday home game tickets at the box office. Games include Sunday vs. Salt Lake Stingers and Sept. 3 vs. Sacramento River Cats. Go to [www.skysox.com](http://www.skysox.com) for information. The stadium is near Powers Boulevard and Barnes Road.

### Castle Pines golf tournament

The International PGA Golf tournament is near Denver continues through Sunday. Free tickets are available at Fort Carson's Cheyenne Shadows Golf Course. For more information contact Frank Jacobson at 526-4102. Castle Pines is reached from exit 184 off Interstate 25 north. For more information go to [www.golfintl.com](http://www.golfintl.com).

### Salute to veterans, bike rally

The annual Salute to American Veterans and motorcycle rally is in Cripple Creek Aug. 19. The annual POW/MIA motorcycle ride is at 11 a.m. Activities include flyovers, a POW/MIA ceremony and tattoo contest. Information at [www.pro-promotions.com](http://www.pro-promotions.com).

### Pueblo Air Show

"In Their Honor" Air Show is at Pueblo Memorial Airport Saturday and Sunday, from 9 a.m.-4 p.m. Bring lawn chairs; food vendors will be on site. Tickets are \$10 for adults, \$5 for ages 6-11 and \$8 for military. Parking is \$3. The web site is [www.Puebloairshow.com](http://www.Puebloairshow.com).

### Academy football

Ready for football? Air Force Academy Falcons football home schedule includes New Mexico Sept. 30, Navy Oct. 7, Colorado State Oct. 12, Brigham Young University Oct. 28, Notre Dame Nov. 11 and Utah Nov. 18. Call the ticket office at 472-1895 or visit [www.GoAirForceFalcons.com](http://www.GoAirForceFalcons.com).





Photo by Nel Lampe

## Air show

Attendees at last year's "In Their Honor" Air Show take a look at a vintage aircraft on display. This year's air show is at the Pueblo Memorial Airport Saturday and Sunday, from 9 a.m.-4 p.m. Pueblo Memorial Airport is on Highway 50 east, about seven miles from Interstate 25, Exit 100A. Admission is \$10 for adults and \$5 for children 6-11. Parking is \$3.

## Buster's Baghdad

by Maj. James D. Crabtree

IGER TERMINAL



SPACE-A PLEASE  
WAIT HERE FOR  
NAME TO BE  
CALLED.

MUST BE A  
LONG WAIT...



# SPORTS & LEISURE

## State Games honor Mountain Post Soldiers



*Members of the Mountain Post community who have deployed to Iraq and returned or will be deploying to Iraq in the future were introduced to a wildly enthusiastic audience by Fort Carson and 7th Infantry Division Command Sgt. Major Terrence McWilliams, back at the microphone, during the opening ceremonies of the Colorado State Games Friday night at the World Arena in Colorado Springs.*



Fort Carson's Joe Lujan, left and Otis Forrest, right were among the commissioners who marched out during the opening ceremonies at the World Arena Friday in Colorado Springs.

### Story and photos by Walt Johnson

*Mountaineer staff*

The opening ceremonies for the Rocky Mountain State Games took place Friday at the World Arena in Colorado Springs with ceremonies to honor the athletes participating in the games and the Mountain Post Soldiers who have served or will be serving soon in Iraq and Afghanistan.

The Rocky Mountain State Games were played Friday through Sunday at the Mountain Post and in the Colorado Springs and Denver areas. To begin the ceremonies, a huge crowd filled up the World Arena to embrace and welcome the athletes and cheered wildly as some of the 6,000 athletes who participated in the games made their way into the arena.

The Mountain Post was well represented at the opening ceremonies and many different aspects of the post played a huge role in the success of the program. As the opening ceremonies began, the commissioners of the different sporting events were introduced to the crowd and among the commissioners representing the post were Lamont Spencer, intramural sports director, Joe Lujan, assistant intramural sports director and Otis Forrest, Youth Center athletic director.

A color guard representing each branch of the military service then made its way into the arena to post

the colors as the national anthem was played. After the anthem and a comedy routine by nationally-known Denver comedian Lori Callahan, Harmony In Motion, the post's a cappella group, sang a stirring rendition of "America the Beautiful" as the crowd cheered with each verse.

When Harmony in Motion finished its set, the most moving moment of an evening filled with cheering, appreciative fans took place. Fort Carson and 7th Infantry Division Command Sgt. Major Terrence McWilliams was introduced to the crowd and then McWilliams stepped to the microphone to thank the committee for honoring the military. After thanking the community, McWilliams brought out members of the Mountain Post community who have returned from being deployed to Iraq. As the Soldiers entered the arena from the entry way, the crowd stood as one and loudly and proudly saluted the returning heroes with a two-minute standing ovation that threatened to blow the roof off the World Arena.

Then, as the crowd settled down and was about to take its seats, McWilliams introduced members of the 43rd Area Support Group, who will be deploying in the near future, to another thunderous ovation that showed how much the Colorado Springs community appreciates the efforts of the Mountain Post Soldiers in the War on Terrorism.

## On the Bench

# Notre Dame tickets on sale today at the academy

by **Walt Johnson**  
*Mountaineer staff*

College football fans will want to make a note that the Air Force Academy football season is about a month away. The Falcons will open the season with a game Sept. 3 at Tennessee. The team's home opener will be played Sept. 30 when the New Mexico Lobos visit Colorado Springs.

A key game on the Academy's football schedule will be its Nov. 11 date with the Notre Dame Fighting Irish. Tickets for the Notre Dame game will go on sale to the general public today. If you have any questions, please contact the academy ticket office at 472-1895 or (800) 666-USAF.

The post youth center is currently accepting registrations for the upcoming football and cheerleading season on post and in the Colorado Springs youth football league.

In addition to football signups, the youth center is also signing up

people interested in cheerleading for the upcoming football season. Registration is being accepted through today at the youth center. For more information contact the youth sports office at 526-1233.

**The Director of Morale Welfare and Recreation sports office will hold it intramural football organization meeting** Aug. 15 at 1 p.m. at building 1217. The regular season is scheduled to kick off Aug. 28. Any unit that is interested in playing in this year's league should send a representative to the meeting. For more information contact Lamont Spencer or Joe Lujan at 526-6630.

**The Colorado Springs Flames, a semipro football team that features military members of the Colorado Springs community, and the 2006 Rocky Mountain Division Champs, will host the Nebraska Pounders in the semi-finals of the Colorado Football Conference playoffs at 7 p.m. at**



Photo by Walt Johnson

## United effort

*Colorado String Music (a team of Fort Carson and Fountain players) player J.J. Mathis drives to the hoop to score during action Saturday night at Rampart High School where the team played in Colorado State Games action.*





Photo by Walt Johnson

## Mixed martial arts

*An overflow crowd watched a mixed martial arts boxer pummel his opponent during action Saturday at the post exchange parking lot during a mixed martial arts event hosted by the Army and Air Force Exchange Services office at the post. There will be another card at the Palace in Colorado Springs Sept 1.*

## Bench

From Page 32

Fountain-Fort Carson High School's football field.

A Flames victory will catapult them into the conference championship game against the winner of the Denver Titans and Denver Grizzlies game also being played Saturday at a time and place to be determined.

**The post women's basketball team has begun practice and is looking for players for the upcoming season.** Any active duty women interested in playing for the post team should come to practice sessions each Monday and Tuesday at 6 p.m. at the Special Events Center. Coach Stephanie Timmons said this will be one of the most exciting years for the post team with a lot of high level games against some of the region's best teams. For more information on the varsity women's program call Bill Reed at 524-1163.

**The post running team is looking for runners to help form this year's squad.**

The team trains year round in order to compete in local and national races. Any runner interested in being a part of the team should show up at the center at 6 a.m. on Tuesday, Wednesday and Thursday at the Special Events Center.

The team is looking for runners in the open men's, open women's, masters and open mixed team categories. For more information on the post running team contact Martin Wennblom at 330-0554 or Bill Reed at 524-1163.

**The second annual "AnySoldier.com" Golf Tournament will be held on Aug. 25 at the post's Cheyenne Shadows Golf Course.**





Photo by Walt Johnson

## Grappling action

*Jared Mestas, right, and Marcus García, center, teammates on the Pueblo LaGente wrestling team, wrestle Sunday at the Special Events Center.*

## Bench

From Page 33

The AnySoldier tournament is a charity event that is designed to raise funds to put together care packages for the service men and women in Afghanistan and Iraq. The cost for the tournament is \$55 per golfer which includes green fees, cart with GPS, range balls, a barbecue lunch and door prizes. Prizes include a Hyundai Sonata for any golfer that gets a hole-in-one, two round trip airfares on Allegiant Air and Frontier Airlines.

For more information contact Linda Marsh at 590-7984 or [john.marsh.ctr@peterson.af.mil](mailto:john.marsh.ctr@peterson.af.mil) for more information.

**The Colorado Rockies are celebrating their next military appreciation day at Coors Field Aug. 29-31 when it hosts the New York Mets at 7:05 p.m.**

The Rockies are offering discount tickets in the outfield box, pavilion or upper reserved infield seating area for just \$6 per ticket. In order to get the tickets call (303) 762-5437 and say you are calling for the military appreciation days tickets.

These tickets will not be available at the stadium ticket windows. You must state that you are an active member of the United States military or a military veteran and provide reference number 741532.

There will be only one more chances to take advantage of this event when the Rockies will host the Washington Nationals Sept. 7-10.

## *Mountaineer Leisure Activity*

### **Country music**

Country music recording artist, Trent Willmon, center, and his band, "Four Fingered Nate," sing a song from their latest album "A little more livin'," Saturday at the post exchange. Willmon's latest 11-track compact disc reached the Billboard's top country album chart at number 19 the first week in August. After giving a free performance for those who visited the PX, Willmon signed autographs and posed for photos with fans. Willmon and his band were in town promoting his latest album release while vacationing in Salida, Colo., before they went back on the road for another concert tour. A copy of Willmon's latest CD can now be purchased at the PX and other local retailers.



Photo by Sgt. Clint Stein

## *Mountaineer* **Athlete of the Week**



### **Robert Nieto**

**Army job:** Recreation specialist

**Sports position:** Post varsity basketball coach

**What got you into coaching?**

I've always liked the idea of getting players who have skills to play the game and show them how they can achieve success when they play in a system and they want to be coached. I have always felt that if we can work together we can accomplish great things on teams I have coached.

**What has given you great pleasure as a coach?**

Watching a player who goes from being able to play at the intramural level to someone who can compete and play at the varsity basketball level.

**What was the best sports moment for you recently?**

I would have to say it was this year when we went to the Air Force Academy and beat its junior varsity team at Clune Arena. No one gave us much of a chance to win that game. It was remarkable what the guys did in competition against a Division One level Junior Varsity team and I was very proud of the way the guys competed.

## ***Mountaineer Varsity Sports***

### **Aces on a roll**

*Fort Carson Aces player Nate Sonnier, right, slides into second base during Colorado State Games Action Sunday at Skyview Sports Complex in Colorado Springs. The Aces have been on a major roll lately playing the best competition in the state on even terms over the past month. "Two weeks ago we had the opportunity to play in the D level (the Aces are an E level team) National Invitation Tournament in Loveland and came in fifth, beating the number six and number two teams in the state and lost to the number three and four teams by one run. In the next week we played in a E level tournament for the state and finished seventh in that very competitive tournament.*

*This weekend we are happy to be playing in the Colorado State Games and next week we will be going to Loveland to play in the Triple Crown summer nationals," Bryant Rushing, Aces head coach said.*



Photo by Walt Johnson



# Engineers football team ready to make its mark

**Story and photo by  
Walt Johnson**

*Mountaineer staff*

The 4th Engineer Battalion is new to the Fort Carson community but that didn't stop it from representing the post well during the Colorado State Games Friday through Sunday at the Mountain Post Sports Complex.

The Engineers team battled its way into competition on Sunday and was two games away from playing in the championship game before it fell to the flag football national champion "Your Mother" team from Colorado Springs.

The "Your Mother" team, whose motto is "your team is good but your mother is better," showed why it played and won the national championship last year in by playing stifling defense and scoring the only touchdown of the game to beat the Engineers.

For its part, the Engineers team showed that they will be one of the teams to be reckoned with when the post intramural football season gets under way Aug. 28. As well as the champions played, the Engineers played them toe-to-toe with the exception of the one play which resulted in the only touchdown of the game. The Engineers used a cat

quick and powerful defense to stay in the game and nearly pull off the upset victory.

It was even more surprising to see the team play so well since most of the team just got here from basic training and the team had only a few weeks to get ready to play.

"We were able to practice on defense for one week prior to the tournament. Most of my players just got out of basic training and they were able to stand tough with the national champions," Rick Broadus, Engineers head coach said.

"It's going to be unrealistic when we play in the intramural league," Jerry Young Engineers assistant coach said. "Our defensive line shoots in there and puts pressure on the quarterback, our offensive line is handling its business and we have speed in both the offensive and defensive backfield," Young said.

"The bottom line is we are going to be the team to beat in the upcoming intramural league and you can put that in the newspaper. We're a new battalion here and one thing about this battalion is we show up to win, whether it's war or football, know one thing, we're winners," Broadus said.



*The 4th Engineers Battalion quarterback looks to pass the ball downfield under pressure Sunday at the Mountain Post Sports Complex football fields.*